### Psalms

## Chapter 60

To the [music] director:  
  
[Set to the tune of the song called] The Changings.  
  
For an inscription on a monument by David, as a lesson about when he burned [the land of] Syrian MesoPotamia and [the nation of] SoBal in Syria, and [also] when JoAb returned and cut down 12,000 men of Edom in the Salt Valley [referencing 1 Chronicles 18:12-15 where 18,000 were killed, but perhaps JoAb was responsible for 12,000 of those deaths].  
  
  
  
  
1O God,  
  
You’ve knocked us down and pushed us away,  
 But, along with Your rage, You felt pity.  
 2For although You shook our land and disturbed it;  
 You’ve healed the cracks that resulted.  
  
3You’ve taught Your people hard lessons,  
 And we’ve melted in the wine of Your rage.  
 4But, to those who feared You, You then sent a sign,  
 To flee from the face of the bow.  
 5So, since You’ve saved all those whom You love,  
 Please listen, and with Your hands, save me!  
  
6Then, from His Holy Place, our God spoke.  
 He said:  
  
 ‘I’ll shout and I’ll divide SheChem…  
 The Valley of Tents, I’ll split.  
  
 7‘GileAd is Mine and ManasSeh is Mine;  
 Ephraim is the fort of My head,  
 And Judah is the place of My king.’  
  
8Then, over Edom He said:  
  
 ‘MoAb is the kettle of My hope;  
 So, I’ll stretch out My sandal,  
 And make the Philistines submit.  
 9So, who’ll take Me up to their forts,  
 And who can guide Me to Edom?’  
  
10O Lord,  
 Why did You thrust us away?  
 O God,  
 Won’t You be with our army?  
  
11Help us in our day of oppression,  
 For, there’s no salvation from men.  
 12Only by God do we have any strength…  
 Only He can show His contempt  
 For those who’ve been our oppressors.